



# Healthy Liver Tips

While research is underway to develop new therapies for fatty liver disease, here are steps you can take to keep your liver healthy.

March 2, 2020 By [Liz Highleyman](#)

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- Avoid or cut down on alcohol.
  - Maintain a healthy weight.
  - Eat a healthy, balanced diet.
  - Exercise regularly (ideally at least 150 minutes per week).
  - Get regular, good-quality sleep.
  - Get vaccinated against hepatitis A and B.
  - Tell your doctor about any medications, herbs, supplements and street drugs you use.
  - Follow medical advice for keeping diabetes and high cholesterol in check.
  - Get regular follow-up tests to monitor for worsening liver disease.
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<http://beta.docker.hepmag.com/article/healthy-liver-tips>